

PLANTS WEREN'T REQUIRED TO REPORT LISTERIA

PAGE 7

Sports Pg 13**Moose continue their losing run**

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HALIFAX • MONDAY, OCTOBER 6, 2008

metronews

**Entertainment****Regis charms casino with songs, sarcasm**

Pg 16

Two stabbed at Sackville house party

FIGHT Two people were stabbed after a house party turned into a fight early yesterday morning.

RCMP were called into a residence on Fenerty Road in Middle Sackville at around 2 a.m. They found an 18-year-old woman and a 19-year-old man stabbed.

"Two males showed up at the residence and some type of fight started. The female received a superficial wound to the forearm and the male was outside the residence involved in another altercation and was stabbed three times in the back," said Cpl. Joe Taplin.

The two victims were treated in the hospital for non-life threatening injuries.

Taplin said investigators were following up yesterday afternoon and have an idea of the identity of the two men who crashed the party.

METRO HALIFAX

Election 2008

- Casey rules out joining another party pg 3
- Profile: Halifax West candidates pg 4
- Layton visits city pg 6
- Column: Do election ads work? pg 8

Local Pg 5

Keith's beery birthday bash

HineSight pg 17

Complaining good for you



DEVIN STEVENS FOR METRO HALIFAX

Connaught-Quinpool municipal candidate Bill Forbes was campaigning on Joseph Street Friday night when he was called into an apartment building to do CPR on a woman who had fainted

Forbes performs CPR on campaign trail

DEVIN STEVENS
for Metro Halifax**Bill Forbes set out to do a bit of campaigning Friday night, but instead he may have saved a life.**

The District 14 (Connaught-Quinpool) candidate was in an apartment building on Joseph Street, when the landlord urgently asked for help.

"This lady was lying on the floor, and the lady who came and got me thought she was dead actually," Forbes said.

"There was no move-

ment. And I couldn't find a pulse at first."

Forbes told the landlord to call 9-1-1. He started CPR and continued for a few minutes until the paramedics arrived.

Emergency health Services spokesman Paul Maynard said a 45-year-old woman was taken to hospital Friday night. She was conscious and breathing at first but lost consciousness later.

The building's landlord, Connie Mantle, said the woman was back in her apartment Sunday. The woman's daughter has

"It's definitely the most adventurous thing that's ever happened while I've been campaigning."

Bill Forbes

flown from Toronto to be with her.

Mantle said she'd been with the tenant for a few minutes before she slumped to the floor. She knew Forbes was campaigning across the hall and rushed for help. She said she's an anxious per-

son, but Forbes was calm.

"I'm sure it's not what he wanted to do on a Friday night," Mantle said. "But thank goodness he was here to help me. I would have been a lot worse off."

Forbes said he's been asked what was going through his mind during the emergency. He said he was just glad to help.

"If there's something I can do, that's what my motive was," Forbes said. "It's definitely the most adventurous thing that's ever happened while I've been campaigning."

E-voters encounter glitchesDEVIN STEVENS
for Metro Halifax

Electronic voting kicked off for the first time in Halifax over the weekend — with a few kinks.

"I've received a number of phone calls from constituents who are trying to vote and can't," said Tim Hosford, candidate in District 19 (Middle and Upper Sackville – Lucasville).

"There's either a problem with PIN numbers or a problem with birthdays."

Voters can cast their ballot over the internet by entering a PIN number and their birthdate. But some birthdays have been entered into the city's system incorrectly, locking out some voters. Hosford said about 40 people have called him.

Last month reports surfaced showing that some people received two PIN numbers. Some even went to dead people.

Electronic voting project manager Cathy Mellett said the city's help centre received about 500 calls. Most were entering the site's URL into a search engine like Google, not their browser's address field.

"There is no problem," Mellett said. "We have a small number of people who called in... As long as we verify who they are on the phone we just correct that and they go on to vote."

She said about 50 people called about the birthday problem.

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Hope Wanda Webber isn't getting a bill for this

On Thursday night, a Calgary telemarketing firm her campaign hired to troll for support got the timezone wrong and started calling Dartmouth-Cole Harbour voters after 10 p.m. METRO HALIFAX

Local



Fireproof your home

It's Fire Prevention Week and the Halifax fire department has some tips to help you prevent home fires: stay in the kitchen when you're cooking; don't place lit candles in windows or underneath blinds. Also, keep paper, bedding or furniture at a safe distance from heating equipment.

METRO HALIFAX

'It's a different election,' says independent incumbent

DEVIN STEVENS
for Metro News

Bill Casey sees a huge Liberal campaign sign turned around, propped against bails of hay on the roadside. "Hay for sale" is scrawled on the back.

"That's a good use for it," the 63-year-old MP for Cumberland-Colchester-Musquodoboit Valley says, chuckling.

"We should turn them all around."

Driving through Truro Heights in his campaign vehicle Friday, the lawns are plastered with Casey signs. He voted against his party last year and the prime minister kicked him out.

Now Casey seems more popular than ever. Campaign donations are coming from across the province, New Brunswick and even Manitoba.

But Casey is still campaigning hard, admitting he can't do as much since his prostate cancer surgery in January.

"My wife is Liberal," one man says in a tractor trailer business. "And she's not going to vote Liberal for the first time in her life."

This is Tory country, but



Cumberland-Colchester-Musquodoboit Valley Independent candidate Bill Casey talks to Jeff Bickerston, service manager at Nova Enterprises in Truro Friday.

Election 2008

with Casey an independent — replaced by former New Brunswick MLA who spent the last two years in Ottawa — many are reconsidering.

Farmer Leroy Dingle, 71, a lifelong Conservative lives in the Kings-Hants riding and will probably be voting Conservative again.

"I kind of like Bill Casey," he says. "I'd probably go with him — I'm not

certain — if I was in this area."

Art Perry, 63, is a tractor dealership service manager who's voted Tory every election.

"I vote for the man and up until now, the Conservatives have been the people to vote for," he says.

"(Casey) voted for us and not the party."

Casey says there are Liberals and NDP members working in his office. He's had to order extra campaign signs twice.

"It's a different election," Casey says. "I didn't expect this. I voted because I just knew we were breaking the Atlantic Accord. I knew it was important to Nova Scotians and important to me."

metronews.ca
What's online today.

Watch the opposition grill Stephen Harper as a poll shows Tory support hitting a campaign low at metronews.ca/canada

Lotteries

Friday, Oct. 3
Lotto Super 7 3, 7, 9, 16, 35, 41 & 44 Bonus 46
Saturday, Oct. 4
Lotto 6/49 12, 19, 23, 25, 36 & 46 Bonus 2

These results are not official.

News in brief

ATTACK A police car driving through North Preston was attacked by rocks Saturday night. The rear passenger side of the vehicle was damaged. There were no injuries. METRO HALIFAX

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Some long-time Conservative backers supporting Casey

Some lifelong Conservatives are moving away from the party, pledging their vote, and a ton of their time, for Bill Casey.

"I have absolutely no qualms about voting for Bill and supporting him," said Andy Smith, 59, a campaign worker charged with keeping Casey on schedule. His family has been voting Conservative since 1956.

"He did what all the Nova Scotia politicians should have done for Nova Scotians."

Smith says he still thinks Stephen Harper is the best choice for prime minister.

Fred Blois is a member of the provincial NDP par-

Communication

- The moment he voted against the Conservatives, Bill Casey stopped getting most party e-mails. But he still gets two every morning. One gives him Prime Minister Stephen Harper's schedule for the day, while the other asks him to donate "whatever you can afford," to the party.

ty, but is working for Casey, commending the 63-year-old for his environmental work.

"The citizens of this area are really indebted to Bill on the environmental front," Blois said.

Election 2008

Casey says he'll still be an effective MP if he's re-elected.

He's ruled out joining any other party and won't go back to the Conservatives — at least until Harper is gone.

"That would certainly make it easier," Casey said.

"But I've always said I wouldn't even talk to the Conservatives unless they sign the (Atlantic) Accord ... I don't expect that will ever happen and I don't care. I'm enjoying being an independent."

DEVIN STEVENS/FOR METRO HALIFAX

www.peterkelly.ca



Prisoner turns himself in after wrongful release

JAIL A mistakenly released prisoner turned himself in to police Friday and the justice minister blames the incident on "human error."

Justice Minister Cecil Clarke says a convict who was mistakenly allowed to walk away from jail for more than a week was a result of a missing check mark on a form.

"There is a question as to why did it occur and how did it occur when it shouldn't have," Clarke said Friday.

The mistake came to light eight days after Upshaw's release when the Kentville Crown called the Burnside jail to arrange a sentencing date Oct. 2.

This was the fourth time a prisoner has been mistakenly released from custody in the last 10 months. One incident happened in December and two others were in January.

LINDSAY JONES/METRO HALIFAX

Fundraising Pretty in pink



Over 7,000 people ran or walked yesterday morning in Halifax for the CIBC Run for the Cure. Participants raised \$1,035,963 for breast cancer. Ninety-five per cent of that money will stay in the Atlantic region.

Who better to talk business than Michael 'Pinball' Clemons? Well, the CFL legend and CEO of the Toronto Argonauts will speak at the Nova Scotia Business Inc. Geared for Growth conference today at the World Trade and Convention Centre. METRO HALIFAX

Regan, NDP's Lorincz square off

ROBYN YOUNG
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Geoff Regan, Liberal incumbent for Halifax West, says most Atlantic Canadians recognize that Stephen Harper has never understood Atlantic Canada and doesn't understand it now.

He's hoping that feeling will hold strong in the up-

coming general election in which he's looking to be voted in to represent his riding for another term.

Regan has been Member of Parliament for Halifax West since 2000, but this time around he has a new and very vocal opponent in NDP candidate Tamara Lorincz.

She believes the residents of Halifax West have not been served well by

the longtime MP.

"I really want more active and effective leadership and representation for the riding; I'm discouraged by what I'm seeing," she said.

The young mother of two and executive director of the Nova Scotia Environmental Network, says Canada's Liberal party has let women and children down in the past and she doesn't

want to see it continue.

"The Liberals in '93 promised that they would eliminate child poverty by the year 2000 and what did we see? We saw an increase in child poverty," she said.

Before Prime Minister Stephen Harper's Conservative government, while the Liberal Party was at the helm, women across the country spent 13 years ask-

ing for a national child care strategy but it was never realized.

Regan argues Liberal is the only way to go because constituents can't trust Harper, and voting for Lorincz and Jack Layton's New Democrat Party would be a wasted vote.

"There's a strong feeling here of a mistrust for Harper after he betrayed senators, by breaking his prom-

ise on income trusts, he betrayed Nova Scotia on the offshore accord, and I think that was reinforced when he broke his own election law," he said.

He says constituents tell him NDP policies make no sense and they're worried if they lend their votes to Jack Layton, the country will end up with another minority Harper government.

Riding: Halifax West

Incumbent MP and Liberal candidate for Halifax West Geoff Regan has dominated elections in this riding since he was voted into Parliament in 2000; he was also MP between 1993 and 1997.

Regan's opponents in the Oct. 14 election are mostly newcomers, including NDP candidate Tamara Lorincz and Green Party candidate Michael Munday.

Rakesh Khosla, the Conservative candidate, ran against him in the 2006 election and won 10,184 votes against Regan's 21,818 votes.

Halifax West has a population of 88,756 and 69,113 people are eligible to vote.



Geoff Regan
Party: Liberal
Age: 48



Occupation: MP for Halifax West
Quote: "People just don't like Stephen Harper and they don't trust him. They're worried about the economy, they're worried about high gas prices, about the rising cost of electricity and they're worried that Stephen Harper seems to think everything's fine and he doesn't seem to care."

Election 2008



Rakesh Khosla
Party: Conservative

Age: 55

Occupation: Life insurance broker and seafood business owner

Quote: "People are saying the economy is the main issue for them although they have seen some stability in the government's initiatives; many people are quite pleased with how the government has handled the Canadian economy."



Tamara Lorincz
Party: NDP

Age: 39

Occupation: Executive director of the Nova Scotia Environmental Network

Quote: "As a woman and as a mother with little kids — for 40 years women have been asking for a national child care strategy and the Liberals scrambled to get a child care strategy before the 2006 election and they were in power for 13 years and we were asking for a national child care strategy, we were asking for an affordable housing strategy, we were asking for sustainable environment national strategy, a climate change strategy — none of this actually happened."



Michael Munday
Party: Green

Age: 34

Occupation: Professional quantity surveyor

Quote: "I don't suspect we're likely to form the next government, I can read a poll too, but it's very important to have that voice there and this election, you're hearing the traditional parties arguing about who has the best plan to cut greenhouse gases, which is fantastic."



Trevor Ennis
Party: Christian Heritage Party of Canada

Age: 38

Occupation: Sales and purchasing agent

Quote: "The key issues for my constituents are the economy and health care. With continuing credit crises south of our border, we tend to worry about our own financial outlook. We ponder about the security of our jobs, in turn, causing us to reflect on our continued ability to provide for our families, ensuring that they have good nourishment and education, and good access to healthcare."

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- ▶ Be alert for pedestrians who appear indecisive or inattentive.
- ▶ Do not pass slowed or stopped vehicles in the lane next to yours until you are sure no pedestrians are crossing.
- ▶ Take extra care when driving at night or in bad weather—pedestrians can be hard to see.
- ▶ Fines for speeding in a school zone are double and range from \$452 to \$1487, including court costs.

Pedestrians

- ▶ Use marked crosswalks, when available.
- ▶ Obey pedestrian traffic signs.
- ▶ Make eye contact with motorists before crossing the street to ensure they see you.
- ▶ Check for approaching or turning traffic, even when you have a "Walk" signal or crossing light.
- ▶ Give approaching vehicles time to stop before you enter the roadway—allow extra time and distance in bad weather.
- ▶ Yield to vehicles when crossing at a location other than a crosswalk—whether marked or unmarked, crosswalks exist at every intersection.

HRP checking into Truro incident

POLICE Halifax regional police are investigating an early morning altercation outside a popular downtown Truro bar involving 10 people, including five off-duty Truro police officers.

"We want to ensure it's a clear, open, transparent and impartial investigation," Chief David MacNeil told the Truro Daily News Friday afternoon. "And the public has confidence that an outside agency is coming in to (investigate)."

The incident happened at 1:42 a.m. outside the Warehouse Bars on Inglis Place when the altercation occurred between the unidentified off-duty officers and a group of three men and two women from the Truro area.

One off-duty officer, who was injured during the assault, received hospital attention and was released. Two of the civilian men were arrested and Halifax police detectives were called in to conduct the interviews.

Warehouse staff declined comment on Friday.

THE TRURO DAILY NEWS

Young moose dies during relocation

A young bull moose was being relocated near Pictou when it died last week. Officials had believed it was sick and died as a result of stress and a tranquilizer, but it was later discovered that the moose had fallen as the helicopter took off. **METRO HALIFAX**

Keith's boozy birthday bash

Beermaker celebrates 213th anniversary at historic fort

PHILIP CROUCHER
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They know how to make a good beer. They also know how to throw a good party.

Alexander Keith's celebrated its 213th birthday in style last night by hosting about 2,500 people in a bash inside the fort at Citadel Hill in Halifax.

The exclusive party lasted about five hours and had people enjoying a clear, cool night by drinking Keith's and listening to live music.

"I think it's very cool," said Hubley's Kelly Corkum of the party's location. "Not many cities get to have a party inside a fortress."

Hundreds of parties were held across Canada celebrating Keith's birthday yesterday, but the bash at Citadel Hill was the biggest. The event had historically costumed highlanders, beer wenches and the Keith's logo every-



The band Wreckhouse performs last night at the Alexander Keith's birthday bash inside the fort at Citadel Hill in Halifax.

where inside the fort.

The Halifax band Wintersleep headlined the show, with Slowcoaster and Wreckhouse serving as opening acts.

"This is one of the coolest venues that we've ever done a show in, that's for sure," said Slowcoaster

drummer Brian Talbot. "The production is amazing. The venue is amazing. It's just really, really cool."

About an hour into the party, things started to take flight — people were dancing near the stage and taking pictures around the fort.

There is no word on how many people will be arriving late to work or missing classes today because of the late-night partying.

"Nope," restaurant manager Jolene Matthews of Halifax said when asked if she'd be late for work today. "I'm never late."

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Zoom under investigation for transfers, unpaid loans

AIRLINE Zoom Airlines is under investigation by bankruptcy trustees for millions in transfers and unpaid loans, according to media reports.

Court documents filed in the Ontario Superior Court of Justice say Zoom gave \$6 million in loans to partner and tour operator Go Travel Direct Inc.

Go Travel has reportedly been asked to repay the funds. A letter sent to Zoom and Go Travel co-owner Hugh Boyle reportedly asks him to repay \$6.1 million in loans.

Another \$14.8 million connected to Zoom's purchase of Go Travel preferred shares is also under investigation. **METRO HALIFAX**

News in brief

COLLISION An 18-year-old driver was charged with careless and imprudent driving after allegedly hitting a parked car on Friday morning. Shortly before 11 a.m., police said the woman struck the parked car on Hawthorne Street in Dartmouth. The driver and the passenger received minor injuries from the broken windows and windshield.

ASSAULT A fight broke out on a Metro Transit bus on Friday af-

ternoon. Police were called out to a parked bus on Novalea and Stanley streets at 3:38 p.m. They found out a group of young people had become "belligerent" with the other passengers. When a 39-year-old passenger spoke to them, he was assaulted. Police said the man wasn't injured. A 16-year-old suspect has been identified and will be charged with assault.

METRO HALIFAX

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Court is back on in New Glasgow today after the flooding and a storm drain back-up last month. It was cleaned up, and air-quality testing shows the building is back in the clear. METRO HALIFAX

Court resumes in New Glasgow

Layton makes a last stop in Halifax

NDP leader suggests interest rate cap, tells rally 'the economy is not fine'

JENNIFER TAPLIN
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In the last week before the federal election, NDP leader Jack Layton is going after anyone who votes for the Liberals, is thinking Green or "used to support" the Conservatives.

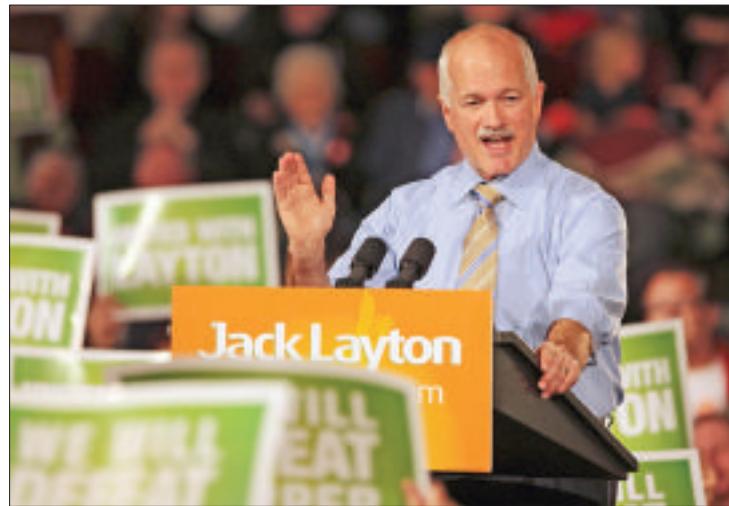
He spoke at an NDP rally in Halifax on Saturday to a crowd warmed up by rock band In-Flight Safety.

"I'm going to tell them this, and you're going to tell them this: Let's get together and defeat (Prime Minister) Stephen Harper."

In an interview, Halifax NDP candidate Megan Leslie said she was rejuvenated by the energy at the rally.

"A young woman just came up to me and said, 'Oh my god, he's so cute!'" she laughed.

Layton took shots at both Harper and Liberal Leader Stéphane Dion. He



NDP party leader Jack Layton meets with supporters during a rally held at Saint Mary's University in Halifax yesterday.

said Harper had a majority government for the past two years because Dion voted 43 times in Harper's favour.

"Mr. Harper, you might

want a majority, but what most Canadians want is to show you the door."

Dion's carbon tax won't get him elected, and he's not a replacement for

Harper, Layton said. "And that's where I come in."

He accused Harper of shrugging off the economic crisis in the United

Election 2008

"Mr. Harper ... what most Canadians want is to show you the door."

Jack Layton

States.

"Well, Mr. Harper, the real economy is not fine," he said.

Layton told reporters he would cap interest on credit cards to help people through tough times.

"If we put a five per cent limit on prime on credit card interest, that would help a lot of people immediately," he said.

The Maritimes seem to be a hotspot in the last days of campaigning: Harper was in Yarmouth Saturday, Dion visited New Brunswick and P.E.I., and the Green party's Elizabeth May was in her Central Nova Scotia riding.

Tricky questions

If the NDP becomes the official Opposition, would they support a minority government or cause a quick election?

When NDP Leader Jack Layton was asked this question after the NDP rally yesterday, he hedged with reporters. "My intention is to replace (Prime Minister) Stephen Harper," he said.

But when asked again if he could work with Harper, Layton said he didn't answer hypothetical questions. The question was rephrased, but Layton still gave no response.

"I've worked with all kinds of different players over the years, from (former Toronto mayor) Mel Lastman all the way through."

The next question – "Are you saying if you can work with Mel Lastman, you can work with anyone?" – prompted Layton to smile and end the media scrum.



Notice of Public Review Period
Sept. 15 - Oct. 24, 2008

HRMbyDESIGN
Regional Centre Urban Design Study
www.hrmbydesign.ca

HRMbyDESIGN Draft 2 of the Downtown Halifax Urban Design Plan

HRMbyDesign's **Downtown Halifax Urban Design Plan** will guide growth and development throughout the downtown Halifax study area over the next 25 years. The Plan contains policies to guide and direct the development approvals process, increase focus on design excellence in architecture and public spaces, improve heritage protection (including the establishment of the **Barrington Street Historic District**), and outlines urban design strategies for issues such as transportation, affordable housing, sustainability, and many others.

The plan documents can be accessed from beginning **September 15**, at www.hrmbydesign.ca or print and cd copies can be obtained at these two HRM Customer Service Centres: Scotia Square, Halifax, or 2nd floor Alderney Gate, Dartmouth.

For more information, or to submit your comments:

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Second Alberta attack never happened

Police now say that an alleged attack on a 20-year-old woman in Edson, Alta., just three days after a 14-year-old girl was slain, never happened. The town had been in a virtual lockdown after the alleged attack. Police said they do not plan to lay public mischief charges. **SOURCE: CBC NEWS ONLINE**

Canada

Soldier injured in roadside blast

AFGHANISTAN A Canadian soldier was injured yesterday when a roadside bomb exploded near an armoured vehicle in Afghanistan, CBC News Online reports.

The soldier, whose name was not released, was flown to the multinational medical facility at Kandahar Airfield, where he is listed in serious but stable condition.

METRO NEWS SERVICES

News in brief

HEALTH A report released today by the Ontario Health Coalition alleges it found evidence to suspect 89 possible violations of the Canada Health Act in private clinics in five provinces.

MONTREAL An 18-year-old man has been shot in the stomach by police in north-end Montreal, CBC News Online reports. The man is in stable condition, police said.

METRO NEWS SERVICES

Plants not required to report listeriosis

Four months before the Maple Leaf outbreak started claiming lives, Canada's food safety agency quietly dropped its rule requiring meat-processing companies to alert the agency about listeria-tainted meat, a Torstar News Service/CBC investigation has found.

Twenty people died as a result of the outbreak, and federal meat inspectors and their union say this rule change likely made the country's listeria outbreak far worse than it had to be.

Bob Kingston, head of the union that represents Canadian Food Inspection Agency (CFIA) inspectors, and four veteran inspec-

The old rules

- Before April 1, if a company preparing meat for sale to the public had a positive test showing listeria, it "would have had to have been not-

ly brought to the (federal) inspector's attention, but the inspector would have been involved in overseeing the cleanup," says Bob Kingston.

tors interviewed for this story fear the rule change, part of the deregulation of Canada's food safety net, continues to pose a serious threat to public health.

The CFIA confirmed that there is currently no onus on companies to alert inspectors about positive bacterial results. The change came as part of a federal decision to allow companies to write their

TORSTAR NEWS SERVICE

own food safety plans, with federal approval.

"If I walk in as an inspector, the plant doesn't come up to me and say, 'We had positive tests today,'" said Tom Graham, the food safety agency's national inspection manager. But he says the reporting rule will likely be reinstated as a result of the current federal investigation into the Maple Leaf outbreak.



Nathan Fry's mother, Joanne, left, and his brother, Brandon, leave the B.C. Supreme Court in Vancouver, yesterday.

Fry guilty on five counts of murder

COURT The man accused of setting a house fire that killed a Vancouver family and a friend as they slept has been convicted on five counts of first-degree murder.

Nathan Fry, 20, was also found guilty of attempted murder and won't be eligible for parole for 25 years.

The jury heard how Bolingo Eribako, then 16, woke to find his house on fire and jumped out a second-storey window. His mother, three younger siblings and girlfriend died.

Fry maintained his innocence, saying he was ripping off grow-ops that night.

METRO CANADA

THANK YOU FOR GOING OVER THE EDGE FOR EASTER SEALS!



On September 18 & 19, 55 brave Drop Zone 'superheroes' along with National Founding Sponsor CREIT Management Inc. and National Ascending Sponsor Nutrilite raised over \$120,000 in support of Nova Scotians with physical disabilities.

Thank you to all Drop Zone Superheroes, Sponsors, and Volunteers for making the 2008 Drop Zone a huge success!

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Kendra Coady, Drop Zone
Grand Prize Winner

Election 2008



Sweater fever is catching. First it was Stephen Harper who donned a baby blue sweater in the campaign's early days in a bid to look more relaxed. Now, Stéphane Dion adopted the look, too, with a burgundy sweater during a swing through New Brunswick and P.E.I. Saturday. **TORSTAR NEWS SERVICE**

Looking good on the campaign trail

Campaign
Cops investigate vandalism

TORONTO Bizarre and dangerous acts of vandalism have spread into another federal riding in the Greater Toronto Area, with 12 new incidents reported yesterday in Toronto Parkdale-High Park.

The latest come on the heels of 14 similar acts of vandalism in the Toronto St. Paul's riding, reported to police Saturday.

Toronto police yesterday continued to investigate the acts of vandalism, which include the cutting of brake lines, phone and cable lines as well as graffiti defacing homes and garages. The 26 incidents are likely connected and may have been done by one person since they are so similar in nature, Liberal party insiders suggest.

"There is this hatred thing that is so upsetting — hatred of Liberals," said Liberal MP for St. Paul's Carolyn Bennett. "There's no other excuse for this in terms of this kind of intimidation."

TORSTAR NEWS SERVICE

News in brief

NORTH Liberal Leader Stéphane Dion put northern issues in the spotlight yesterday, starting in Iqaluit, Nunavut, where he warned that military might alone is not enough to ensure Canada's hold on the Arctic and urged greater focus on northern residents and "aggressive diplomacy" to enforce its sovereignty.

VOTES NDP Leader Jack Layton is ramping up the rhetoric and his call for strategic voting to unseat Prime Minister Stephen Harper, or at least rob him of a majority. Layton said yesterday in Thunder Bay that Harper cares far more about corporate tax cuts than he does about people struggling to make ends meet or losing their jobs.

TORSTAR NEWS SERVICE

What has an election ad done for you lately?

Do election ads make any difference? A good test is to try to remember the last ad that made a significant splash during an election campaign: An ad notable because it backfired.

The 1993 TV ad by the (then) Progressive Conservatives appeared to make fun of Jean Chrétien's facial paralysis. Its double-dollop of schoolyard bully meanness made a bad campaign worse for Kim Campbell's Tories, who lost all but two of their 169 seats.

Positive ads rarely define a campaign. The one spectacular exception is the TV ad It's Morning Again in America, created by ad legend Hal Riney for Ronald Reagan's 1984 re-election campaign. Its irresistible aw-shucks Norman Rockwell Americana helped Reagan whup Walter Mondale by 16 million votes. But the ad's secret ingredient was Reagan himself. Voters believed that he believed the rosy view of

America, and they wanted a plateful of whatever he was having.

Campaign ads are effective in bolstering a leader's image and enhancing doubts about the bad guys. But like most ads, their effect is slow and gradual, like grains of sand filling an hourglass. And they can only work with impressions that already exist somewhere in the voter's mind.

Slogans once ruled election campaigns, but they, too, often backfired. In 1908, the Liberals campaigned on the slogan Let Laurier

Finish His Work. Oppo-
Jean
Chrétien



TORSTAR NEWS SERVICE FILE PHOTO

AdVentures

**Mike
Tennant**



nents mocked: Let Laurier's Work Finish Him.

In 1964, rumours spread that Republican nominee Barry Goldwater was willing — even eager — to use nuclear weapons. Scoffers converted his official slogan You Know In Your Heart He's Right to You Know In Your Guts He's Nuts.

Goldwater was also the target of Daisy, a landmark TV spot from Doyle Dane Bernbach (who had put the VW Beetle on the map with its fantastic Think Small campaign), showing a little girl playing in a pasture as a loudspeaker counts down to a nuclear blast. Over

the mushroom cloud, Lyndon Johnson's voice reads, in part: "We must either love each other, or we must die." Between the lines: Elect Goldwater and he'll nuke your children.

Advertising is not where campaigns happen: They simply divert attention with Neverland imagery of what a party wants you to think.

Campaigns are defined by gaffes, rumours and unguarded moments — inspiring and disastrous — that shift the prevailing winds of public mood.

And the conversation is moving to the Internet through blogs, social networks and instant messaging.

As I write this, a Google search of "Harper" and "election" yields some 98,000 blogs. A YouTube search of "Canada" "election" and "2008" produces more than 1,000 videos. That's where campaigning is headed.

You heard it here first.

Mike Tennant is a freelance ad writer and co-creator/writer of Terry O'Reilly and the Age of Persuasion on CBC Radio One.

Conservatives


Stephen Harper

Tories to launch counter-attack

STRATEGY Accusing their political opponents of "fear-mongering on the economy" to win votes, the Conservatives will launch a major counter-attack in the last week of the campaign leading up to the Oct. 14 ballot.

"When you are not expected to win government, when you're Opposition leader, when you're down in the polls, you can spend time fearing and cheering for a recession for your own political gain," a senior Conservative strategist said during a conference call to provide reporters background on the week ahead.

"But when you're the prime minister, you actually have to be honest about the situation. To say that we're going to have serious problems in the banking sector when that is in fact not the case would be destabilizing to markets."

The official's comments appeared to elaborate on comments Prime Minister Stephen Harper made to reporters Saturday night as his tour returned to Ottawa.

TORSTAR NEWS SERVICE

Watch Stephen Harper get grilled as Tory support hits a campaign low at metronews.ca/canada

8 days remain until the 2008 Canadian federal election

Young Liberals mix sex and politics

"We're seeing a general greying of party politics in Canada, partly because the parties aren't doing a good enough job reaching out to young people."

Prof. Bill Cross

respecting techno-activists, also are using YouTube clips, Twitter campaigns and interactive websites to try to put their peers in an electoral mood.

While the condoms were a hit it remains tough to stir the political hormones of young Canadians who are delaying voting later and later.

"We're seeing a general greying of party politics in Canada, partly because the parties aren't doing a good enough job reaching out to young people," says Carleton University political science professor Bill Cross of, co-author of a landmark study of 2,000 students that shows many don't see party politics as an effective way to make change.

TORSTAR NEWS SERVICE



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If you own BCE shares or other publicly traded securities, consider donating them to CNIB and help support over 800,000 Canadians living with vision loss.

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For more information, please contact Toni Croft at 1-800-563-2642 or Toni.Croft@cnib.ca • cnib.ca/securitiesgift

Storm brewing off Mexico's Pacific coast

Tropical Storm Norbert formed off Mexico's Pacific coast and was expected to turn into a hurricane early this week, the U.S. National Hurricane Center said yesterday. Norbert is headed toward Baja California but is not forecast to make a direct hit on the peninsula. **REUTERS**

World



Pope kicks off Bible marathon

Pope Benedict XVI yesterday kicked off a seven-day, non-stop Bible-reading marathon on Italian television. The pope read for several minutes from the start of the Book of Genesis live from his apartments in the Vatican, while other speakers read in the Basilica of Holy Cross in Rome. In the next seven days and six nights, more than 1,200 people will read from the Bible until all 73 books of the Catholic edition are finished. **REUTERS**

Tradition Preparing for Yom Kippur



Ultra-Orthodox Jewish boys hold chickens during Kaparot yesterday in Jerusalem, ahead of Yom Kippur, the Jewish Day of Atonement, which starts at sundown Wednesday. Kaparot is an ancient custom connected to Yom Kippur, where white chickens are slaughtered as a symbolic gesture of atonement. The slaughtered chickens are then donated to the poor.

News in brief

COURT Amid a presidential race that may decide its future direction, the U.S. Supreme Court begins a new term today with cases about tobacco company lawsuits, protecting whales from navy sonar and a government crackdown on dirty words on TV.

CRIME O.J. Simpson, who more than a decade ago stunned much of America by beating murder charges, is now in a Las Vegas jail, facing the possibility of life in prison after a jury found him guilty of kidnapping and robbery in a dramatic verdict on Friday.

POLITICS Japan's new Prime Minister Taro Aso plans to visit China in late October, eyeing his first summit with Chinese leaders since taking office last month, government officials said yesterday. **REUTERS**

Georgia monitors see sign of Russian pullback

SIGNS EU ceasefire monitors in Georgia reported the dismantling of a Russian checkpoint near breakaway South Ossetia yesterday, saying it was the "first open sign" of a promised Russian troop pullback by Oct. 10.

A spokesman with the EU monitoring mission said the checkpoint was in

the Ali region of Georgia, northwest of the town of Gori.

Russia sent forces into Georgia to repel an offensive by Tbilisi to retake South Ossetia from pro-Moscow separatists.

The Oct. 10 deadline was set under a French-brokered ceasefire. **REUTERS**

Afghan war unwinnable: Official

WAR Britain's commander in Afghanistan has said the war against the Taliban cannot be won, the Sunday Times reported.

It quoted Brig. Mark Carleton-Smith as saying in an

interview that if the Taliban were willing to talk, then that might be "precisely the sort of progress" needed to end the insurgency.

REUTERS

metro's koolest

The Best Halifax has to Offer

Metro News and Kool 96.5 want YOU to weigh in on the city's coolest places to eat, party, shop – you name it!

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Obama fires back over rival's 'smears'

Palin comment signals change in McCain strategy

Democrat Barack Obama counterattacked yesterday against a new Republican tactic by saying rival John McCain was more interested in a smear campaign than fixing the U.S. economy.

With McCain losing ground in opinion polls, a campaign strategist was quoted as saying the Republican presidential candidate needed to "turn the page" on the economic issue and make the election about Obama's experience and character.

That effort started Saturday when Republican vice-presidential candidate Sarah Palin accused Obama

Contributions questioned

- The Republican Party yesterday said Democratic presidential candidate Barack Obama had not done enough to

screen out illegal campaign contributions, and asked U.S. election officials to look into the matter.

with McCain tomorrow.

"Senator McCain and his operatives are gambling that he can distract you with smears rather than talk to you about substance," Obama said.

"They'd rather try to tear our campaign down than lift this country up."

"It's what you do when you're out of touch, out of ideas and running out of time," he said. **REUTERS**



Get snapping!

This year's Metro Global Photo Challenge theme is the 'Urban Jungle'. Enter your 5 best pictures interpreting this theme and you could win a 5 day trip for two to Paris, plus \$2,000 CDN cash!!

The Competition is open from October 6th to October 26th, 2008. Go to www.metronews.ca/photochallenge to enter.

1 Canadian Finalist will win a Nikon D700 DSLR and a Nikon 24-70mm F2.8 Zoom Lens (valued at approx \$4,998).

metro
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metronews.ca

Kuwait injected more cash into the banking system to shore up confidence and provide more liquidity in the wake of the U.S. financial crisis, as the central bank governor promised that local banks were safe from the fallout of the U.S. crisis. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

THE DAILY BUSINESS BUZZ

Apple packer to expand: Apple packing and storage operation Scotian Gold Co-operative Ltd. has received a \$2-million loan from the province to expand and increase productivity and efficiency.

Port of Sydney to be drilled: The Sydney Marine Group will begin a bottom drilling program in the Sydney port's access channel, in preparation for a proposed plan to deepen the access channel in Sydney harbour and build a shipping container terminal.

Farmers face upheaval: Canadian farmers are having a tough time planning for the future as market upheaval brings volatility into grain prices, meat prices and other commodities, as well as swings in overhead costs such as fuel.

Get the full stories delivered to your inbox every morning by signing up for the Daily Business Buzz www.nsbj.ca

Sponsored venues facing identity crisis

Performance venues love blockbuster events, but not the kind that are currently affecting their naming-rights partners.

The takeovers of big banks like Washington Mutual (WaMu) and Wachovia are forcing venues with long-term naming-rights deals with these institutions to grapple with unexpected branding challenges. Some could lose a partner at a time when replacing one lucrative naming-rights deal with another could be a difficult task at best.

The WaMu Theater at Madison Square Garden in New York, the WaMu Theater at Qwest Field in Seattle, the Wachovia Center in Philadelphia and the Wachovia Arena in Wilkes-Barre, Pa., are among the venues being forced to deal with fallout from the crisis.

Millions of dollars are spent positioning and branding arenas and theatres, so a name change creates unwanted headaches.

REUTERS

Canadian airlines hit turbulence

AIRLINES Shares of WestJet Airlines Ltd. fell 48 cents, or 4 per cent, to a two-year low of \$10.97 on the Toronto Stock Exchange Friday after the carrier said its passenger loads shrank last month to 75.5 per cent

compared to 78.7 per cent a year earlier, as the economy weakened and its capacity increased.

Air Canada reported a higher load factor but it cut its capacity by nearly 7 per cent.

REUTERS

No melamine in liquid milk, China says

SCANDAL China, mired in a health scandal over contaminated dairy products at home and abroad, said new tests on 609 batches had revealed no melamine in liquid milk on the home market.

It was the second time in days China has tried to repair confidence in its dairy products, saying also on Thursday the latest chemical tests had come back clean.

China's quality supervision authority had sent more than 5,000 inspectors to carry out "round-the-clock scrutiny" at dairy factories to restore consumer confidence, Xinhua news agency said yesterday.

But Wednesday, tests on powdered milk revealed 31 more batches of it contained melamine.

REUTERS

Airlines feel the jet lag

Worldwide business jet deliveries will rise 8 to 17 per cent next year to what may be a peak as high fuel costs and global economic worries depress demand, according to a forecast by Honeywell International Inc. Delivery of new business jets tend to lag economic activity because they are bought and paid for over 3- to 4-year cycles.

REUTERS

Business in brief

MINING The number of junior mining companies will shrink as tight credit conditions and plunging commodity prices force explorers to find deep-pocketed partners or fall, an analyst told a Canadian mining conference on Saturday.

CRISIS Britain wants Europe to free up money from The European Investment Bank's 15-billion euros small business fund immediately, rather than over two years, to help smaller businesses cope with the credit crunch.

REUTERS

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Cold water can save

If one million people washed their clothes in cold water, we could eliminate approximately 250,000 tons of CO₂ each year, according to The Live Earth: Global Warming Survival Handbook by David de Rothschild.

METRO NEWS SERVICES

Going Green

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Compost household waste

Canadians produce more than 21 million tonnes of garbage annually, according to *Greeniology: How To Live Well, Be Green And Make A Difference* by Tanya Ha. Approximately 30 per cent of household waste is organic material, much of which could be put into compost bins.

METRO NEWS SERVICES

Putting humans in their place

The planet is a complex interaction of air, water, land and living things — all interconnected

Science Matters

David Suzuki & Dr. Faisal Moola



Andrew Weaver's recently published book, *Keeping Our Cool: Canada In A Warming World*, is an urgent call to action that some of the folks running for the privilege of leading us into the future seem to be ignoring.

Weaver, a world-class cli-

matologist who is putting the University of Victoria on the global map, was one of the lead authors on papers put out by the UN Intergovernmental Panel on Climate Change. In that role, he shared the Nobel Peace Prize last year with other panel members.

In the book, Weaver argues that if we are to stabilize atmospheric levels of carbon at a level that will not result in climate going haywire, we must begin massive reductions in greenhouse gas emissions now with a goal of totally eliminating our output of them. If we don't, 80 per cent of all species could become extinct! That's an astounding prediction and if

"We are rampaging across the planet, treating it as our plaything, as our source of raw materials, as our dumping ground for our waste and emissions."

we think we'll somehow survive such a catastrophic crisis, we should think again.

When I first read about colonies of honeybees dying out, a bolt of fear went through me. Without pollinators, most flowering plants will not survive, and that would devastate the makeup of species on the planet.

We have become the dominant animal on the planet, and it has been an amazing story. But in puff-

ing ourselves up with self importance, we have lost sight of how little we know about the way the world works and how utterly dependent we are on the services that nature performs for us, like removing carbon dioxide from the air and replacing it with oxygen — not a bad service for animals like us.

Eminent Harvard ecologist and ant expert E.O. Wilson once told me that if humans disappeared overnight, only a handful

of organisms would also go extinct: Creatures that live on our skin, in our armpits, and our groins and guts. The rest of nature would rebound, the planet would green up, and animals would increase in abundance. But if all the ants went extinct overnight, whole terrestrial ecosystems would collapse, and the makeup of animals and plants would change catastrophically. Kind of puts humans into perspective.

We apparently now put health as one of our top priorities in this election. Well, when we use air, water, and land as a garbage can, do we think we are somehow immune to the health consequences?

We've got to see the world as it really is — a complex interaction of air, water, land, and living things, all interconnected and all interdependent.

We are rampaging across the planet, treating it as our plaything, as our source of raw materials, as our dumping ground for our waste and emissions. And then we whine like mad when reminded that we have to change and we have to pay for what we do. Why haven't we heard more about this perspective in the current election campaign?

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

COUNTDOWN – 2 DAYS LEFT!

SO YOU THINK YOU CAN DANCE Canada

TOP 20 GUIDE

OCTOBER 8 – ONLY IN

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Seismic Adventure awaits with Nintendo's Wario Land: Shake It!

Click on ★ WIN at metronews.ca for your chance to win a Wii unit and a copy of the new Wario Land: Shake It! Valued at \$300.



Wario, Nintendo's greedy, uncouth and rude anti-hero, returns to his roots in *Wario Land: Shake It!*, with all the jumping, power-dashing and butt-stomping we've come to expect. This is surly Wario at his finest.

With the Wii Remote controller turned sideways, veterans and newcomers alike can run, jump and smash their way through hectic side-scrolling stages.

Contest ends midnight October 10. Winner will be contacted by email.

metronews.ca

Eugene Melnyk is confident the Ottawa Senators can come to a contract agreement with winger Daniel Alfredsson, but is cautious about the type of deal that's reached, TSN.ca is reporting. The team owner met with Alfredsson's agent JP Barry in Stockholm Saturday. METRO NEWS SERVICES

Sports



Jankovic wins in Stuttgart

Serbia's Jelena Jankovic, left, celebrated her imminent return to the top of the world rankings with an easy 6-4, 6-3 victory over Nadia Petrova in the Stuttgart Grand Prix final yesterday. Second seed Jankovic, who will replace Serena Williams as world No. 1 today, took advantage of regular errors from the unseeded Russian Petrova to clinch victory in 83 minutes.

REUTERS

White Sox avoid sweep

Chicago 5 Tampa Bay 3

DeWayne Wise hit a two-run double in Chicago's three-run fourth and the White Sox staved off elimination with a 5-3 win over the Tampa Bay Rays in Game 3 of their American League Division Series.

Tampa Bay still leads the series 2-1 and can advance to its first-ever American League Championship Series with a win in Game 4, set for today in Chicago. Game 5, if necessary, will be back in St. Petersburg, Florida Wednesday.

John Danks (1-0) gave up seven hits and three runs in 6 2/3 innings, with seven strikeouts and three walks, to pick up another big win for the White Sox.

Danks was coming off pitching eight innings of shutout ball in the one-game playoff with the Twins Tuesday, and he earned the win as Chicago edged Minnesota 1-0 for the AL Central title.

"We've played against the wall before and we've come out of it. We're going



Philadelphia Phillies Brett Myers, left, and Greg Dobbs celebrate after the Phillies defeated the Milwaukee Brewers in Game 4 of their MLB National League Divisional Series playoff baseball game in Milwaukee, yesterday.

to put a lot of pressure on them," said White Sox manager Ozzie Guillen.

Matt Garza (0-1) gave up five runs on seven hits in six innings, with four strikeouts and four walks, to take the loss for the Rays. B.J. Upton hit a two-run home run, and Akinori Iwamura had two hits and

drove in the other run for the AL East champions.

"To think that you are just going to waltz through this whole thing is not a good thought," said Rays manager Joe Maddon.

"It's very unreasonable. They're very good. And they're very good in this building, also."

Pat Burrell belted two of Philadelphia's four home runs, as the Phillies earned a trip to the National League Championship Series for the first time in 15 years with a 6-2 victory over the Milwaukee Brewers.

Phillies 6 Brewers 2

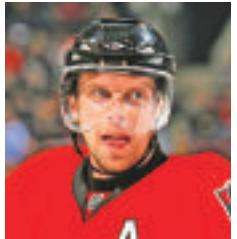
kee Brewers.

Burrell collected three hits and drove in four runs for the Phillies, who captured the best-of-five National League Division Series three games to one and won a postseason series for the first time since ousting the Atlanta Braves in the 1993 NLCS.

"I couldn't be more thrilled," said Burrell, who came into the game without a hit in the series (0-for-8). "We knew it was going to be tough to win here. We knew the fans were going to make it tough for us. It was really important to get a lead."

Jimmy Rollins and Jayson Werth each hit a solo homer in the win, while Joe Blanton (1-0) was solid in his first-ever postseason start, allowing one run on five hits over six-plus innings of work to earn the victory. Philadelphia will next face the Los Angeles Dodgers, who won their first postseason series in 20 years. The NLCS is set to begin Thursday in Philadelphia.

METRO NEWS SERVICES



Danny Heatley

Heatley leads Ottawa past Pittsburgh

NHL Danny Heatley continued his dominance against the Penguins as he scored twice to help Ottawa split a season-opening series in Europe against Pittsburgh with a 3-1 win at The Globe Arena.

Alex Auld made 30 saves and was less than one second away from a shutout while Antoine Vermette scored the other goal for the Senators, who bounced back from Saturday's 4-3 overtime loss against Pittsburgh.

In 23 career games against the Penguins, Heatley has 19 goals and seven assists.

He also had a goal in Saturday's contest.

Rangers complete European sweep

NHL Wade Redden and Scott Gomez each scored a goal and assisted on another, as the New York Rangers completed a European sweep of the Tampa Bay Lightning with another 2-1 victory in the Czech Republic.

Henrik Lundqvist stopped 18 shots in the victory, one day after turning aside 20 in a 2-1 Ranger win. Markus Naslund notched an assist Sunday after scoring one of New York's goals in Saturday's opener.

Toronto loses final pre-season game

NHL Nikita Filatov scored the lone shootout goal, as the Columbus Blue Jackets edged the Toronto Maple Leafs, 5-4, in the preseas

Tour rookie earns first tourney win

PGA American Dustin Johnson birdied the last two holes to claim his first victory on the U.S. PGA Tour by beating Australian Robert Allenby one shot at the Turning Stone Resort Championship yesterday.

Tour rookie Johnson, 24, posted a three-under-par 69 for a nine-under 279 total while Allenby shot 70 in the final round at the Atunyoti Golf Club course in Verona. REUTERS

Bills unbeaten streak snapped

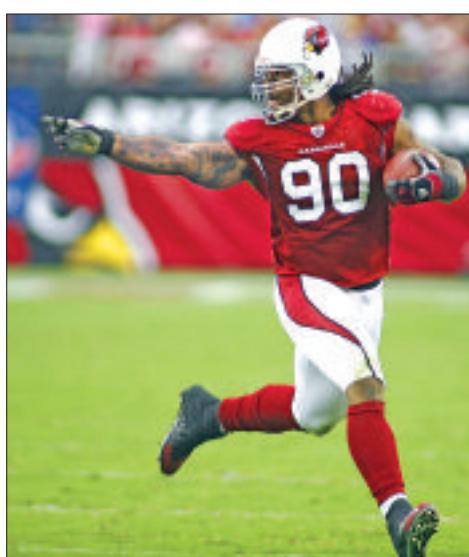
Arizona 41 Buffalo 17

NFL Kurt Warner threw a pair of touchdown passes and Tim Hightower scored twice, as the Arizona Cardinals cruised past the previously unbeaten Buffalo Bills, 41-17.

Warner hit on 33-of-42 pass attempts for 250 yards and Larry Fitzgerald caught both touchdown passes among a seven-catch, 52-yard performance.

Bills quarterback Trent Edwards was forced to leave the game with a concussion on the third play from scrimmage and J.P. Losman struggled in relief. Losman accounted for three turnovers in throwing for 220 yards on 15-of-21 passing with a touchdown and an interception. **Colts 31 Texans 27**

Peyton Manning's five-yard touchdown pass to Reggie Wayne with just under two minutes to go capped a furious Indi-



Arizona Cardinals defensive end Darnell Dockett recovers a fumble in the fourth quarter against the Buffalo Bills yesterday.

anapolis comeback as the Colts stunned Houston, 31-27. Trailing 27-10 late in the fourth quarter, the

Colts (2-2) scored 21 unanswered points during a span of two minutes and 10 seconds to win the

game.

Chicago 34 Detroit 7 —

Kyle Orton threw for a career-high 334 yards and two touchdowns as Chicago routed Detroit, 34-7, in the latest installment of their 79-year-old rivalry at Ford Field. Orton completed 24-of-34 passes for the Bears (3-2), who have won two straight games to take over first place in the NFC North.

Denver 16 Tampa Bay 13

Tampa Bay Buccaneers quarterback Brian Griese left in the third quarter of yesterday's 16-13 loss to the Denver Broncos with a shoulder injury. Matt Prater nailed all three field goals for Denver including a 55-yard attempt.

Elsewhere in the NFL, it was: Dolphins 17, Chargers 10; Titans 13, Ravens 10; Giants 44, Seahawks 6; Falcons 27, Packers 24; Redskins 23, Eagles 17; Panthers 34, Chiefs 0; Cowboys 31, Bengals 22; and Patriots 30, 49ers 21.

METRO NEWS SERVICES

METRO NEWS SERVICES

News in brief

NBA New Orleans Hornets center Tyson Chandler left Sunday's 106-103 preseason-opening victory over the Golden State Warriors in the first quarter with a sprained right ankle. The injury occurred under the Hornets' basket after Chandler stepped into the lane to defend a drive by C.J. Watson. Chandler turned his ankle as he landed and immediately went to the floor, lying on his back until being helped to the locker room.

METRO NEWS SERVICES

Mikhail Grabovski registered one goal and two assists for the Maple Leafs. Vesa Toskala surrendered four goals on 42 shots. Toronto begins their regular season Thursday.

METRO NEWS SERVICES

Vrana set to play for Devils

Former Halifax Mooseheads captain Petr Vrana has cracked the New Jersey Devils' opening-day NHL roster, the New Jersey Star-Ledger reported yesterday. The 23-year-old forward played three seasons in Halifax from 2002 to 2005 and has spent the past three years in the Devils' farm system.. **METRO HALIFAX**

Losing streak reaches five

Lack of discipline making things difficult for inexperienced Mooseheads

Maineiacs 7 Mooseheads 3

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads are quickly finding out that growing pains are going to hurt them this season.

The Mooseheads lost all three games this weekend, including yesterday's 7-3 thumping by the Lewiston Maineiacs at the Metro Centre, and have now lost five straight.

Their overall record has slipped to 2-8 and they've plummeted to 17th out of 18 teams in the QMJHL standings.

"We're just not following systems and we're not being disciplined," Mooseheads forward Chad Earle said. "Penalties killed us at the start of this streak and they keep carrying over. We got frustrated and bad things happened."

The Mooseheads, who are admittedly in the midst of rebuilding campaign, were outscored 19-6 on the weekend, also losing 5-1 on the road to the Saint John Sea Dogs on Saturday and 7-2 to the P.E.I. Rocket on home ice on Fri-



Lewiston Maineiacs left wing Etienne Brodeur celebrates his second-period goal on Mooseheads goalie Mark Yetman during yesterday's QMJHL game at the Metro Centre.

day.

They were already third in the league in power plays allowed with more than seven per game coming into yesterday's game, and they continued to pad that unpleasant stat.

Lewiston went 3-for-8 on the power play, netting the backbreaking 2-0, 4-0

and 5-0 goals while a man up. The 2-0 goal came after Maineiacs agitator Danick Paquette goaded Mooseheads blueliner Justin Pender into slashing him.

Many other calls were hooks and holds.

"Guys are still getting used to the speed of the

game," said Mooseheads forward Travis Randell. "Lower leagues, you can stop moving your feet, but at this level, you'll pay for it."

"You've got to work hard instead of being lazy and be smart instead of dragging your feet," Earle added.

Lower Sackville's Alex Beaton was the beneficiary of the Mooseheads' penalty trouble, as he collected two goals and an assist on the power play and was the first star.

Beaver Bank native Philip Wright, making his second career start for Lewiston, made 28 saves for the win.

Mooseheads rookie goaltender Mathieu Corbeil allowed five goals on 17 shots in his first career start at the Metro Centre, while Mark Yetman stopped 11 of 13 shots in relief.

Earle, Randell and Alexis Piette scored for Halifax.

Top forward Logan MacMillan returned to the lineup and had a goal and an assist in three games. Running mate Tomas Knotek remains out with a groin injury.

The Mooseheads are back in action Thursday when they host the Victoriaville Tigres at 7 p.m. at the Metro Centre.

"It's never good," Earle said of the losing streak. "But you've got to learn from your mistakes, and if we do, maybe we'll end up on a five-game winning streak next instead of losing."

Attendance for Moose hits new low

HOCKEY The Halifax Mooseheads posted their lowest recorded single-game attendance in yesterday's 7-3 loss to the Lewiston Maineiacs at the Metro Centre.

Just 5,506 took in the contest, surpassing the previous low of 5,714 set in a 4-2 loss to the Moncton Wildcats a week ago.

The QMJHL did not officially record single-game attendance prior to the 2003-04 campaign. Prior to this season, the smallest Mooseheads crowd was 5,768 on Oct. 31, 2003, for a Shawinigan Cataractes visit on Halloween.

Lions score five in third to win

HOCKEY The Halifax Lions scored five unanswered goals in the third period to knock off one of the best teams in the Maritime Junior A Hockey League last night at the Forum.

Ben Clarke, Wayne Bedecki, Blake Myatt, Stephen Jamarl and Matt Duff factored into the outburst as the Lions topped the Amherst Ramblers 6-5 before a crowd of 225.

Mitch Carabin had the other single and Daniel Stein turned in a 50-save performance for the Lion.

MATTHEW WUEST/METRO HALIFAX

Huskies men move into third place

SOCER The Saint Mary's Huskies won a pair of games in Atlantic University Sport men's soccer play on the weekend and have climbed into a tie for third overall.

The Huskies beat the P.E.I. Panthers 1-0 yesterday at Huskies Stadium and the St. Francis Xavier X-Men 2-1 on Friday in Antigonish, improving to 6-3-1. The league breaks until Oct. 15.

MATTHEW WUEST/METRO HALIFAX

Sports in brief

HARNESS RACING Truro-owned Somebeachsomewhere won the \$293,000 Tattersalls Pace at The Red Mile in Lexington, Ky., on Saturday with a time of 1:47.4. The three-year-old pacer, has career earnings of more than \$2.5 million and has won a stunning 17 of 18 races.

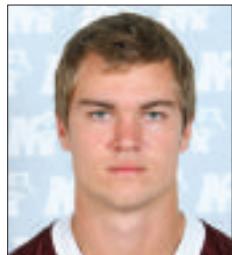
HOCKEY Former Halifax Mooseheads goaltender Pier-Olivier Pelletier has landed in the East Coast Hockey League. The 21-year-old signed with the Augusta Lynx yesterday. He started 52 games for the Mooseheads last season, going 24-15-5. **METRO HALIFAX**

A tale of two halves

MATTHEW WUEST
matthew.wuest@metronews.ca

AUS FOOTBALL The Saint Mary's Huskies are half bad lately, but that's still been good enough for them to stay unbeaten.

The Huskies improved to 5-0 in Canadian Interuniversity Sport football play with a narrow 32-26 victory over the St. Francis Xavier X-Men in Antigonish on Saturday.



Jack Creighton

bles 85-17 in second halves.

Devon Jones started Saturday's rally in the second quarter with an eight-yard touchdown run. He later added another, sandwiched between Justin Palardy field goals and a safety.

But the turning point came when second-year linebacker Karl McCartney jumped on a blocked Kyle Chisholm punt and ran the ball 60 yards for a major, giving Saint Mary's a 29-26 lead early in the fourth. Palardy finished it with a field goal.

"You can look at this two ways," Huskies head coach Steve Sumarah said. "You could say first halves haven't been going well, or you could look at the fact we continue to find ways to win, when we have to, in the second half."

In the Huskies' past three wins, they've been outscored 52-27 in first halves but turned the ta-

started to make more plays and we forced them into situations they weren't comfortable with. And they panicked a little bit."

Halifax's James Green rushed for 198 yards and two touchdowns on 32 carries for the X-Men, but did most of his damage in the first half.

Jack Creighton, who was forced into action because of injuries to Nathan Marsman and Erik Glavic, was a modest 7-of-15 for 82 yards and no touchdowns.

The Huskies, who have the country's best rushing offence, were held to a season-low 105 yards on Saturday.

"They knew we had a first-year quarterback and they knew we were going to protect him," Sumarah said. "They came after us, hell-bent for leather. Something's got to give."

With the win, the Huskies clinched home-field advantage for their playoff opener. They return to action on Saturday when they host the Montreal Carabins at Huskies Stadium.

SCOREBOARD

QMJHL

ATLANTIC DIVISION

SATURDAY'S RESULT

PHILADELPHIA VS. MILWAUKEE

(Philadelphia wins series 3-1)

CFL

EAST DIVISION

SATURDAY'S RESULT

MONTRÉAL VS. WINNIPEG

(Montreal wins series 3-1)

WEST DIVISION

SATURDAY'S RESULT

EDMONTON VS. CALGARY

(Calgary wins series 3-1)

NATIONAL CONFERENCE EAST DIVISION

WEEKEND'S RESULT

NEW YORK GIANTS VS. WASHINGTON

(Washington wins series 3-1)

PHILADELPHIA VS. CAROLINA

(Carolina wins series 3-1)

SOUTH DIVISION

WEEKEND'S RESULT

CHICAGO VS. GREEN BAY

(Green Bay wins series 3-1)

DETROIT VS. NEW ORLEANS

(New Orleans wins series 3-1)

WEST DIVISION

WEEKEND'S RESULT

ARIZONA VS. SAN FRANCISCO

(San Francisco wins series 3-1)

SEATTLE VS. JACKSONVILLE

(Jacksonville wins series 3-1)

ST. LOUIS VS. TAMPA BAY

(Tampa Bay wins series 3-1)

WEEK 5

YESTERDAY'S RESULTS

CHICAGO VS. DETROIT

(Chicago wins series 3-1)

MONTREAL VS. TORONTO

(Montreal wins series 3-1)

ATLANTIC CONFERENCE

WEEKEND'S RESULT

INDIANAPOLIS VS. CINCINNATI

(Indianapolis wins series 3-1)

ARIZONA VS. BUFFALO

(Arizona wins series 3-1)

NEW ENGLAND VS. SAN FRANCISCO

(New England wins series 3-1)

PITTSBURGH VS. JACKSONVILLE

(Jacksonville wins series 3-1)

TAMPA BAY VS. BOSTON

(Tampa Bay wins series 3-1)

DETROIT VS. CINCINNATI

(Cincinnati wins series 3-1)

ARIZONA VS. BUFFALO

(Buffalo wins series 3-1)

NEW ENGLAND VS. SAN FRANCISCO

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(Cincinnati wins series 3-1)

ARIZONA VS. BUFFALO

(Buffalo wins series 3-1)

NEW ENGLAND VS. SAN FRANCISCO

(San Francisco wins series 3-1)

Student leaders in Manitoba are upset after the University of Winnipeg was called a "no-fly zone" in an e-mail sent from Conservative campaign organizers, indicating party representatives would not attend the university's all-candidates forum. METRO NEWS SERVICES

Workology



UBC in NCAA?

The University of British Columbia is in the final stages of deciding whether to apply for membership with the National Collegiate Athletic Association at the Division II level, and interest is growing among NCAA schools for UBC to join.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

You are the key to productivity

'Empowerment specialist' breaks down how to generate more with less

JON TATTRIE
for Metro Canada



Time is tight, especially on business trips, and Joshua Zuchter has a few tricks to add hours to your day.

The Toronto motivational speaker was in Halifax recently and shared his time-expanding tips with Metro. The "empowerment specialist" breaks it down to THEM: Time, health, environment, mentality, motivation and morale, and technology.

You can generate more time by making yourself predictable to yourself, Zuchter explains. This is especially true for creative

people who end up wasting time searching for things.

"Get the creative outflow going, and then organize it. Actually dedicate time in your schedule to organize, even if it's an hour or half an hour or twenty minutes," he says. On trips, Joshua puts his travel documents in a particular carrying case and keeps it in the same pocket. Ditto with keys: zip them in the same pocket to save having to unpack your suitcase on your rainy doorstep.

Part of this environment is how you structure your day. Start off with a top-three task list, Zuchter says. This way, you avoid kicking it back all day and make an excellent start.



Joshua Zuchter.

Protect your health with frequent breaks. It's especially important to stick to this while travelling. Your routine is off and people tend to either work till

they crash, or go the other extreme:

"I'm here, I'm away from my place: it's a vacation!" Zuchter laughs. "I eat cake, ice cream and all that

stuff."

Don't overindulge: You're still in your virtual office.

Your brain can take in about 20 minutes of information at a time. After that, it will take a little rest. You may as well join it.

"Ideally what would happen is if you work for 20 minutes, take a break for one to three minutes," he says. Have a drink of water, stretch, or just let your brain catch up.

"I have clients who use affirmations. They're really helpful," he says. "I have them e-mail themselves affirmations so they repeat it when they get the e-mail."

A last tip is to cheerlead

E-clutter

- Set up priority folders, labelled two to five minutes, 10-15 minutes and longer e-mail. File e-mails according to how long it will take you to respond, and then jump into each folder as that time becomes free.

for yourself: The three Ms. Some of us are lucky enough to have jobs that inspire us, but the rest have to do it the other way.

"If you find your own inspiration and let that flow into the work, that's true empowerment," Zuchter says. "Ideally, you'd find your passion from within."



Today's seniors are different. So are the people who care for them.

Today's Continuing Care Assistant is an in-demand healthcare professional with a secure job in a growing industry. If you like helping people and are looking for a new challenge, this field may be for you.

If you qualify, you can graduate as a Continuing Care Assistant from NSCC in just 30 weeks, beginning in January, 2009. Scotia Nursing Homes will guarantee you a \$4,000 bursary, and the opportunity to join its team at the Scotia Nursing Home when you graduate.

Attend this Free Information Session to learn more:

When: October 15, 7:00 – 8:30 pm

Where: Sackville Library, 636 Sackville Drive, Lower Sackville

Or call Maureen Foster at NSCC at (902) 491-4892 or email her at Maureen.foster@nscc.ca



nscc

Financial woes keeping hiring down

• As the U.S. works toward stabilizing its financial markets after unprecedented events on Wall Street, the ripple effects of a cooler business climate in 2008 continue to infiltrate nationwide employment. Employers expect current hiring

trends to hold steady through the end of the year, according to CareerBuilder.com.

Some emerging trends:

• Of those workers who found a new job in 2008, one-in-five (21 per cent) reported their job search took them four months

or longer.

- Workers are taking on second jobs — Five per cent of employers said their companies have required employees to take an unpaid leave of absence in the past six months.

METRO NEWS SERVICES



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- Must be able perform light lifting or lifting up to 50lbs (CSA approved)
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DRAKE OUT PERFORM

Athabasca University to launch Canada's first online DBA

Athabasca University is introducing Canada's first online Doctorate in Business Administration, which recently received approval from the Alberta government. METRO NEWS SERVICES

Jimmy 'The Iceman' cometh

OddJobs

Diane Peters


The Lowdown

Job title: Zamboni driver/certified ice technician
Salary: \$35,000 to \$45,000
Education/Training: A certificate from a provincial organization such as the Ontario Recreation Facilities Association

Best Part of the Job: "Driving around the rink and seeing the kids giving you the thumbs up and cheering for you."

Worst Part of the Job: "Plugged toilets."

It's a little known fact that two, not one, hockey-related stars have come out of Brantford, Ont.

You've probably seen one of them — his name is Wayne — work his magic. Less likely, you've watched Jimmy MacNeil and his ice-related skills.

For 20 years, 47-year-old MacNeil has been a certified ice technician. Most call him a Zamboni driver. (Olympia also makes ice resurfacers, but Zamboni is the name that's stuck.)

He rose to fame back in 1999 when the Zamboni Company went on the hunt for the Zamboni Driver of the Year. MacNeil triumphed in the Internet competition partly thanks to the support of factory staff at the Zamboni factory in Brantford. After winning his title, "The Iceman" MacNeil got a lot of exposure on TV and radio. He also drove a Zamboni across Canada in 2001 and raised \$1 million for the Canadian Hockey Association.

This was not his original career plan. He studied history at Sir Wilfred Laurier University in Waterloo, Ont., and planned to become a teacher. But after graduation, his father became ill and needed help with his mechanic business.

At the time, Alex MacNeil was one of the few who could fix ice resurfacers. So father and son kept busy visiting arenas in southern Ontario and the northern

"There's something so unique and cool and fun about watching this ma-

chine take all that snow that the players have made and in 10 minutes

restore the ice to what it was. It's such a fun thing to watch."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



ADMIRAL

Nautical but nice!

Looking for Sales Representatives to start November 17th, 2008

Do you have an aptitude for Sales and the ability to provide great customer service?

Here at Admiral we believe people who like what they do will do it better. If you have a competitive edge, thrive on the challenge of meeting and exceeding targets then look no further. Admiral Insurance is looking for driven **Inbound Sales Representatives** for our **Halifax** location.

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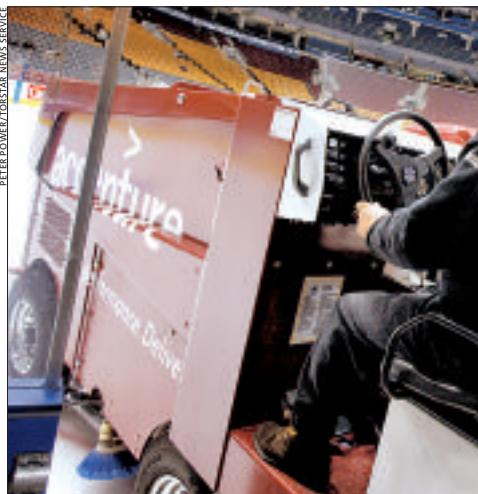
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Email: workwithus@canada.admiral.com
Fax: (902) 406-3260

Deadline for applications is October 17th, 2008



www.joinadmiral.ca



PETER POWELL/TORONTO STAR NEWS SERVICE
 Have you ever thought of being the Zamboni driver at the local hockey rink?

John Patrick Amedori is set to appear in four episodes of *Gossip Girl* (the first airs Oct. 27) as Aaron Rose, a new beau for Blake Lively's Serena van der Woodsen. [PEOPLE.COM](#)

Amedori to guest on Gossip Girl

Winslet's role

Actress Kate Winslet is to play fashion designer Vivienne Westwood in an upcoming movie, which will document Westwood's rise to fame from the 1970s to the present day. [imdb.com](#)

Entertainment

Philbin sings and zings

TV talk-show host performs two near-capacity shows on the weekend

PHILIP CROUCHER
philip.croucher@metronews.ca

Regis Philbin took the microphone and introduced himself from behind the stage at his own nightclub act.

"Your icon. Donald Trump's poorest best friend. Joy Philbin's fifth-and-final husband," he said, as the crowd eagerly awaited his arrival.

Seconds later, the 77-year-old TV legend took to the stage to an energetic standing ovation from a near capacity crowd at the Casino Nova Scotia's Schooner Showroom on Friday night, and then delivered an entertaining 75-minute nightclub show which included timeless classic hits and zinger after zinger.

Sporting a black tuxedo with a red handkerchief, Philbin took the mostly older audience back in time by singing several of pop music's greatest hits, including *It Had To Be You* and *Calendar Girl*.

Philbin's voice was



TV host Regis Philbin waves to the crowd after singing his opening number at the Schooner Showroom on Friday night. Philbin also gave a Saturday night performance.

strong, especially on the lower chords, and with the help of a 16-member orchestra, made it feel like you were back in the 1950s watching from a New York

City nightclub.

But while his singing was the basis for the show, Philbin knew the audience also wanted his trademark sarcastic comedy style,

which he delivered in spades.

Philbin made fun of everything: Himself, the audience, his wife Joy, and of course guests on his

show, *Live With Regis And Kelly*.

"She's a good looking woman," Philbin said of his TV co-host Kelly Ripa, "but if she could just lose five pounds."

What also made the show great was Philbin's interaction with the audience.

Midway through the show, he walked down the middle of the floor and had two people sing along with him. Near the end, he brought seven women on stage and talked to them like they were his new TV co-host.

And when Regis talked, the women swooned to his affection.

"Are you looking for a man?" Regis asked of one divorced woman with an Italian accent.

"No, but you're married," she replied, followed shortly with, "I love Joy, so forget it."

After singing his final song of the night, Philbin shook hands with several people at the front of the stage and said goodnight.

Fan on cloud nine after sharing stage with Philbin

PERFORMANCE Olga Beno was still on cloud nine well after Regis Philbin left the stage on Friday at the Casino Nova Scotia's Schooner Showroom.

The Cole Harbour resident was up-close-and-personal with the TV star, as she was one of seven women chosen to go on stage and have a one-on-one chat with him. This was after she met him backstage before the show, and couldn't control her affection.

"Nobody else was giving him a kiss, but I did," she said proudly. "It was a thrill." Beno was one several women to be awestruck with Philbin. Screams of "I Love You" were heard during the show, and afterwards, several ladies gathered to talk about how great he was.

Philbin performed a second show on Saturday night, before heading back to New York City yesterday. When leaving the stage on Friday, he told the audience he would be talking about his Halifax experiences this morning on *Live With Regis And Kelly*.

METRO HALIFAX



Canadian Crossroads International is celebrating 50 years of international cooperation and YOU ARE INVITED

Venue: Pier 21, Kenneth C Rowe Hall, Halifax
When: Friday, October 17th, 2008, 7pm
Tickets: \$25/person

Featuring Musical Guests:
Sheva, Ian Sherwood, and Afro-Musica
Stand Up to Make Poverty History
Silent Auction, Hors d'oeuvres, Music, Cash Bar

Canadian Crossroads International
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Tickets: 1.877.967.1611
ext. 221 or register
on-line [www.cci.org.ca](#)

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Book clubs offer intellectual escapes

RAF BRUSILOW
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BOOKS Reading may be a private experience but sharing its joys doesn't have to be.

Book clubs can be a great way to combine a love for books with a fun social setting that lets you celebrate great books by probing their depths with like-minded people.

Lisa Huie, spokesperson for Indigo Books & Music Inc., says book clubs have evolved into full-fledged intellectual escapes shared by adults with a love of reading, a far cry from the after-school homework crowd.

"They've become a really great social activity that connects people with common interests," Huie said.

The growth in popularity of book clubs in recent years certainly owes a debt to daytime host and admitted book-lover Oprah Win-

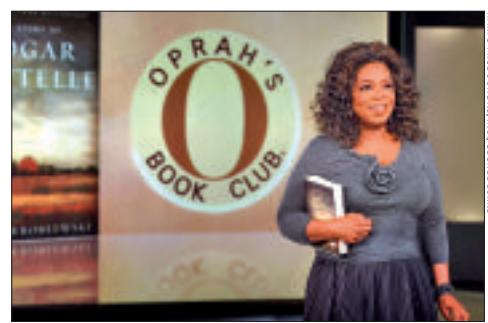
frey, who almost single-handedly resurrected the practice in the mid-1990s with her own book club segment on her popular talk show.

A new survey by Indigo shows fall is the biggest reading season as the colder weather starts to push people indoors, where according to the survey 72 per cent of book club meetings happen. The sur-

vey also found an average book club has eight members and reads roughly eight books per year.

Joel Silver, head book-buyer for Indigo, said most readers surveyed said they got into their book club because they enjoyed sharing opinions about books with other avid readers.

"Members value the social aspect of the book club experience as well as the insights and ideas that



Oprah Winfrey helped to resurrect the popularity of book clubs.

Book club tips

- Make sure your book list is selected democratically — allow every member to choose at least one book for the club to read.
- Aim for ambience and comfort: scented candles, comfortable seating and plenty of tea will go a long way to keep members happy and relaxed.
- Offer munchies — themed, if possible. How about a buffet of healthy, savoury treats for a session on Michael Pollan's eating manifesto *In Defense of Food*?

group discussions generate," Silver said.

If you plan to start your own book club, Huie suggests planning ahead but keeping it mostly casual.

"You do want to have a bit of structure, but keep things open enough to include everybody's opinion," Huie said.

Karen and Jack are back

Former Will and Grace co-stars Megan Mullally and Sean Hayes are set to star in a spinoff of the hit comedy. The pair will reprise their roles in Karen and Jack, which is in development at NBC. **METRO NEWS SERVICES**



TV debates face off

ARGUING FOR DOLLARS: Scheduling the English leaders' debate the same night that the U.S. vice-presidential candidates faced off might have been a dumb move, but it was a typically Canadian one, kind of like putting an Air Farce special up against the season finale of *Lost*, complaining that there was, of course, never a chance in hell of comparable ratings, and even taking perverse pride in the humiliation as a Canadian identity-building exercise.

You had to admire the Pollyanna-ish pluck of Steve Paikin, moderator of the Canadian debate, just before the credits began rolling when he blurted out, "This was way better than Biden and Palin, I'm sure of it!" The funny thing was that he was kinda right.

The formats couldn't have been more different — a stately stand-up at duelling podiums that allowed candidates to state and re-state their positions and respond at length versus a roundtable pile-on that resembled the family dinner you're still trying to forget more than any co-

IntelleVision

Rick McGinnis

rick.mcginnis@metroneWS.ca

herent discussion.

Every candidate seemed to have gone in with some folksy catchphrase or gotcha punchline loaded and chambered: "You panicked!" "I call that the ultimate bridge to nowhere." "Laissez-faire, I don't care." "Joe Six-Pack, hockey moms." "I want my Canada back!" "Say it ain't so, Joe!" It was like they were competing to write gags for the inevitable Saturday Night Live or Rick Mercer parody to come, though the fact that SNL had theirs ready to air two days later is probably an endorsement of private versus publicly funded broadcasting.

Bloc Québécois Leader Gilles Duceppe had no real reason to be there except protocol, but his stinging observation that at least he wasn't under any illusion that he'd be prime minis-

ter one day — unlike the other three candidates not named Harper — was a welcome moment of clarity.

Sarah Palin might not have deprived Tina Fey of any material to work with, but she blew past any idea that she's a lightweight on the campaign trail, and Joe Biden probably regretted his apparent decision not to risk coming off as a bully. By the end, though, I'd gotten bored with the U.S. debates as the candidates started to sound like tired fighters swinging blindly at each other, while the Canadian debates remained gripping — if horrifying — theatre right until the end.

The fact that I was able to watch both — viewing one live and the other on TiVo — instead of making a choice between the two did, however, make me long for the eight-channel, dawn-of-cable world of the '70s, a near-luddite nostalgia for which I was completely unprepared.

Rick McGinnis writes about music, movies, books and television, but not opera.

BookPicks

The Smart Cookies' Guide to Making More Dough

Authors: Andrea Baxter, Angela Self, Katie Dunsworth, Robyn Gunn and Sandra Hanna with Jennifer Barrett

Publisher: Random House
Price: \$29.99 (Hardcover)

Female financial fivesome the Smart Cookies, who appear on their own eponymous show on W Network and write a regular column in Metro, have broadened their portfolio with a book for maximizing your income. Joined by Newsweek editor Jennifer Barrett, the group covers a variety of topics in the social-spending and financial-planning realms. The group continues to delve into controlled spending, proper investment practices and understanding property value. Conversational but correct, the Smart Cookies' guide lives up to their savvy and sweet name.

Brian Coulton/for Metro Canada



Read book picks on Olive Kitteridge and Reading by Lightning at metroneWS.ca

	A	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
10/6/08	31	31	31	ABC	News (N)	ABC Wid News	Inside Edition	Chronicle	Dancing With the Stars	Celebrities perform.	Boston Legal			
	7	7	7	ASN	The Road to Avonlea	Robson Arms	TMZ (N)	Sarah Connor Chronicles	Two/Half Men	Two/Half Men	Toughest Jobs			
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Dragon's Den (N)	The Border (N)	CBC News: The National	The Hour				
	2	2	2	CBC-F	Terre humaine	Grand-papa	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	Hauts	Le Téléjournal			
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N)	
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Auditions de Star Acadé	Annie et ses hommes (N) (SC)	Dr. House (HDTV) (SC)	TVA 22 heures				
	6	6	6	CIN	Entertainment	ET Canada	Prison Break (N)	Life (HDTV) (N)	Heroes (HDTV) (N)	News (N)				
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV) (N)	Dancing With the Stars	Celebrities perform.	News (N)				
	10	10	10	ELTV	EastLink Mag.	Body & Soul	Atlantic	Build It	Fishing	The Job Zone	EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Sarah Connor Chronicles	Prison Break (N)	Fox First			
	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Chuck (HDTV) (N)	Heroes (HDTV) (N)	Life (N)			
	29	29	29	NW	World News	Business	CBC News: Around the World	Canada Votes: Your Turn	CBC News: The National	Burning				
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Chronicles	Antiques Roadshow	American Experience (DVS)	American Experience (DVS)				
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	WorldFocus	Antiques Roadshow	American Experience (DVS)	American Experience (DVS)				
	68	68	68	TSN	(6:30) Le Refour (SC)	C't'un joke	Loft Story	CSI: NY "Double jeu" (SC)	Bob Grutton	Les Voisines	110 pour cent			
	23	96	96	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News	Squeeze Play	Market Call		
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	CNN Election Center	Larry King Live	CNN	Cooper 360				
	54	54	54	GOLF	Canadian Tour	Canadian Tour	Big Break VII: Reunion	School of Golf	Golf Central	British Open Highlights 2000	The Turn (N)			
	52	52	52	RSE	MLB Baseball	Division Series -- Teams TBA. (Live)					MLB Baseball: Division Series			
	55	55	55	SCORE	Score Update	Game On	RaceNight							
	45	45	45	SPD	Unique Whips	Pinks	Pass Time	This Week in NASCAR (N)	(10:15) WWE Monday Night Raw					
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown	Biz Shots: Titan at the Te	Auctions				
	43	43	43	FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	
	44	44	44	TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	6teen	Little Drama	Futurama	American Dad		
	26	26	26	TREE	Max & Ruby	Backyardigans	Wonder Pets	Night Grid	Friend Rabbit	Franklin	Little Bear	Miss Spider	Comfy Couch	
	27	27	27	YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.	
	16	16	16	A&E	Cold Case Files (HDTV)	CSI: Miami "Broken"	Intervention "Leslie"	Intervention "Leslie"	Intervention "Dan"	Intervention "Dan"	Intervention			
	70	70	70	APTN	Notre People	Notre People	La Cité	Mishkuna	Attache ta tuquel! (2003, drame) Ioulia Volkova.					
	50	50	50	BET	106 & Park: BET's Top 10 Live				Getting Played (2005, Romance-Comedy) Carmen Electra.	Conversation				
	37	37	37	BRCV	Street Legal	Desperate Housewives	Baby Ballroom							
	60	97	97	CLT	Mysterious Ways	Judging Amy "Legacy"	Voces in Time	Ministers	The Color of War					
	25	25	25	CMT	Dedicated	All About... (N) Sessions	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith			
	49	49	49	COM	Laughs	Comedy Now	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	The Ch Show		
	153	153	153	COURT	W-FIVE	The Investigators	Cops Uncut	Dumb Criminal	Legal Briefs	Investigators				
	38	38	38	DISC	Canada's Worst Driver	Daily Planet (N)	MythBusters	Vermintors (N)	Dirty Jobs					
	34	48	48	HGTV	Holmes on Homes	House Hunters	Property Virgin	My First Place	Property Virgin	Income Prop.				
	46	46	46	HIST	Tanks "Fall of France"	NCIS "High Seas"	Beyond The Da Vinci Code							
	17	17	17	MINT	Punk'd	Video on Trial	Legally Blonde	MuchTopTens	MuchNews	The NewMusic	Hip Hop News			
	19	19	19	MMW	MusicProfile	mmptop10.com	Revival	Listed	Where You At	Revival	Gene Simmons			
201	201	201	M1	Sanctuary	"Sanctuary for All"			Stargate Atlantis	Californication	Little Britain	Brotherhood			
	48	23	23	OLN	The Amazing Race 2	Ed's Up	Videos	The Search	Mantracker	Departures				
	51	51	51	PEACH	Friends	Seinfeld	House-Payne	Panic Room *** (2002, Suspense)	Jodie Foster.	Cheers				
	206	206	206	PIX	(6:30) Death of a Gunfighter	(8:15) Habitat ** (1997, Science Fiction), Alice Krige			Lolita *** (1962, Comedy-Drama)					
	67	67	67	RDI	RDI en direct	RDI en direct	Elections	Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct				
	39	39	39	SHOW	Prime Suspect 7	Love-Death	Love-Death	Painkiller Jane	Kenny-Spanny	Rent-A-Goalie	Name Is Earl			
	40	40	40	SLICE	Matchmaker	Till Debt-Part	End of Leash	ET Canada	Beauftiful People	Party Mamas	Runway			
	47	47	47	SPACE	Stargate SG-1 (DVS)	Lost...In Translation		Till Debt-Part	Newlywed	Battlestar Galactica	Eureka			
	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.								
	57	98	98	STAR	FashionTele	Look-A-Like	The Ellen DeGeneres Show	TMZ (N)	Katie & Peter: Next Chapter	Tonight Show				
	21	21	21	TLC	What Not to Wear	Little People	Little People	Kids by the Dozen	Jon & Kate	Jon & Kate	17 Kids-Count			
	56	34	34	TROP	News Show	News Show	TV Made, Do It	Very Bad Men	What Happen?	Make or Break	TV Made, Do It	Planit Soap		
	20	20	20	TV5	Que-champion	Journal de Fr2	Toute une histoire	Vie privée, vie publique				Festivals		
	28	28	28	V	Just Cause	Murder, She Wrote	Prime Minister	May-December	McLeod's Daughters (N)	Corporation				
	22	22	22	W	Shopping Bags	Style by Jury	Will & Grace	Friends	How Clean	House	Love It or List It (N)	Real Est		
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Gossip Girl (HDTV)	Privileged (HDTV)	WGN News			

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Complaining: A salve for sore times

HineSight

Anne Hines

Until recently, I've lived life by one deeply truthful saying: "That which does not kill me makes me whinier."

more, which sounds easy but it's actually really hard. You see? That was complaining. I have to move my bracelet.

A woman on the TV program said that she managed not to complain for a month. Unfortunately, her husband told her she was no fun. It didn't say if she was fun before that. Some people aren't.

Wait. Is that complaining? I have to move the bracelet. But maybe it's just telling the truth. I should move it back. This is complicated. Shoot. I have to move it again.

This is making me nuts. Shoot. Other wrist. And isn't complaining sometimes "peace enhancing"? Letting off steam is all that gets us through some of life's trickiest situations, like driving in traffic or attending family gatherings. At least without police intervention.

I'm moving the bracelet. To the trash bin. But it's amazing how well that thing worked. I feel more peaceful already.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Critics' corner

CSI: Miami

So much for doctor-patient confidentiality. When the daughter of Delko's (Adam Rodriguez) therapist is murdered, Horatio (David Caruso) and the rest of the CSI team must find the killer before Delko's darkest secrets are exposed in the new episode "How Does That Make You Kill?" Frankly, we'd rather hear about Horatio's secrets. 8 PM on CBS

Chuck
In this new episode, Emmy winner John Larroquette guest stars as legendary debonair spy Roan Montgomery and Melinda Clarke guest stars as a sultry but dangerous spy called the Black Widow. Chuck (Zachary Levi) must learn the art of seduction from Montgomery so he can retrieve the Cipher from the Black Widow. 9 PM on NBC

Heroes

Seeing a future where nearly everyone has abilities, a world destined for destruction, Peter (Milo Ventimiglia) resolves to prevent this earth-shattering end — whatever the cost — and takes on a dark, unwieldy ability to save the world. Meanwhile, after Hiro and Ando (Masaki Oka, James Kyson Lee) allow Angela's (Christine Rose) half of "the formula" to be stolen, they set out to uncover the identity of the villain who hired Daphne (Brea Grant). 10 PM on CIHF. NBC



Stern marries longtime girlfriend
Radio shock jock Howard Stern and his longtime girlfriend Beth Ostrosky were married in New York City on Friday night, according to guests who attended the celebration. **PEOPLE.COM**

Celebrity Buzz

Miller getting over her fears

CELEBRITY Sienna Miller has conquered her phobia of watching herself on screen. femalefirst.co.uk reports.

"I used to be a lot more uncomfortable with watching myself on screen," the actress says. "You just have to relate it to when you hear your voice back on a tape machine and go, 'Oh God!' Multiply that by about 10,000 when you're watching yourself on a big screen. Now I try and be a lot more objective. There are certain

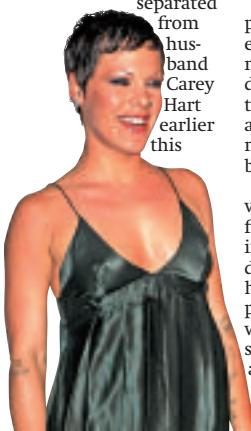


METRO NEWS SERVICES

Pink's dating drought

DATING Pink "never" goes on dates. femalefirst.co.uk reports. The singer, who

separated from husband Carey Hart earlier this



year, prefers to meet men in less pressurized situations.

"I meet boys all over the place. It's just that I don't ever go on dates. I have never been on a date. I don't believe in that. It has to be organic. A barbecue, a show or whatever. I have never met anybody in a bar," she says.

However, Pink also revealed she has a number of friends who are attempting to persuade her to start dating. "Lately I have been hearing from a lot of people, like married couples, who have met in a bar," she says. "I'm always amazed. So maybe that is where I am going wrong."

METRO NEWS SERVICES

Q104
The Home of Rock n Roll
So much fun it should be illegal!
BJ and the Q Morning Crew
5:30am to 10am

Halliwell wants a baby

FAMILY Geri Halliwell wants a baby with her dancer boyfriend, femalefirst.co.uk reports.

The former Spice Girl, who already has two-year-old daughter Bluebell Madonna with scriptwriter Sacha Gervasi, is keen to have a child with Ivan (Flipz) Velez, but is reportedly prepared to be a single mother again if their relationship ends.

"She wants a second child soon and says that if she falls pregnant with Flipz then it wouldn't be a problem," a source says. "At the moment they are besotted with each other, and Flipz is keen on having a child with her."

Halliwell, who began dating Velez after he worked as a backup dancer on the Spice Girls reunion tour, is confident her beau will make a great father because he has bonded so well with Bluebell.

"He wants to be a permanent fixture in her life and

Geri loves the fact he gets on so well with Bluebell," the source added. "She's got a perfect family unit and a baby would be the icing on the cake."

METRO NEWS SERVICES



celebrity briefs

McConaughey's new clothing line

FASHION Actor Matthew McConaughey has just launched a brand-new online store for his clothing line *j.k. livin*, People.com reports. The name takes its inspiration from McConaughey's 1993 film *Dazed and Confused*, while his father is the man stenciled into the line's logo. Jklivinstore.com has apparel for men and women, including sweatshirts and T-shirts, as well as accessories, infant onesies, and even frisbees and wristbands. In the next few weeks, expect to see more T-shirt designs and sweatbands with music downloads, gift cards, foundation donations and more to roll out in the future.

METRO NEWS SERVICES

Hurley a country gal at heart

LIFESTYLE Elizabeth Hurley has gone country. People.com reports.

Inspired by her life with husband Arun Nayar and son Damian, 6, on their bio-dynamic farm in the English countryside, the actress-model, 43, tells *People* she is "developing a line of products ... with a view that they're not only going to be healthy, because they're organic, but I'm obsessed that women

find alternatives to eat which are low in fat."

She says her organic farm produces low-fat products, which may help reduce the risk of breast cancer.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

One of the more inspiring ongoing sagas of modern times is the valiant struggle of ex-Spice Girl **Geri Halliwell** to remain somewhat relevant. The latest news finds the utterly talent-deprived gorgon in the news for, uh, maybe wanting to have a baby with her kind-of boyfriend who's also a good dancer.

OK, Geri, I get that you think this **Flipz** guy will make a great parent because he "bonds" so well with the unfortunately named child you already had with old Whathisnamewhocares, but maybe you and the Flipster should start with something that isn't a living, breathing human being as a token of how much you sort of dig each other. Like, say, buttock tattoos of one other's names rendered in Chinese characters.

What's that, you say? Tattoos aren't quite the "icing on the cake" that a baby is? Well, you've got me there, but I tend to think you'd be better off actually being physically ground into a granular paste, spread on a bundt cake and eaten by **Hannibal Lecter** than being the child of any parent egocentric enough to speak of you as icing on her cake. Especially if her name is Geri and she makes you listen to her old CDs.

I'm fairly certain that the words, "Your honour, Geri Halliwell is my mother," would go a long way toward absolving you of any criminal responsibility.

NEWSDESK@METRONEWS.CA



Dressed as his camp alter-ego Bruno, he attempted to carry out his latest stunt at the Jc De Castelbajac show for scenes that may feature in his forthcoming comedy.

But he suffered a setback when the models and audience ignored his presence and continued despite the disturbance. Staff promptly ejected Cohen in what was his fourth attempt to disrupt a fashion show.

Dressed as Bruno, Cohen twice crashed shows at Madrid Fashion Week in Spain and was also thrown out of a show in Milan, Italy, last week after storming the runway and strutting along the catwalk — prompting organizers to call the police.

METRO NEWS SERVICES



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Q104
The Home of Rock n Roll
So much fun it should be illegal!
BJ and the Q Morning Crew
5:30am to 10am



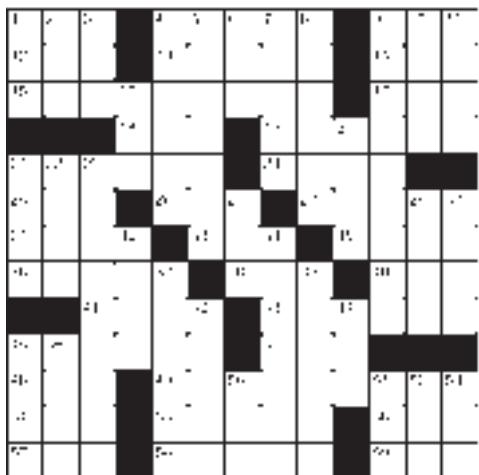
Today
Showers
40%
12° / 4°

Tuesday
Variable
11° / 5°

Wednesday
Sunny
14° / 7°



Take Five



Crossword across

- | | | |
|--------------------------------|-------------------------------|---------------------------|
| 1 Fizzle | 25 "Go, team!" | 45 Marionette |
| 4 Senior moments? | 26 Roman X | 47 Movie-cataloguing org. |
| 9 Earl Grey, e.g. | 28 Impersonate | 48 Rd. |
| 12 Swiss canton | 31 Occupant of a pink nursery | 49 Poker player's bluff |
| 13 Pass the baton | 33 Pooch | 54 Meadow |
| 14 Peruke | 35 Carthaginian queen | 55 Golfer Palmer, to fans |
| 15 Stand-up comic's repertoire | 36 Slumber | 56 Schuss |
| 17 Raw rock | 38 Vacillate | 57 Consume |
| 18 Peron or Gabor | 40 "Smoking or —?" | 58 Frankfurter side dish |
| 19 Puts into words | 41 Dumbo's "wings" | 59 Storm center |
| 21 Honour | 43 Ungracefully tall and thin | |
| 24 Half (Pref.) | | |

Crossword down

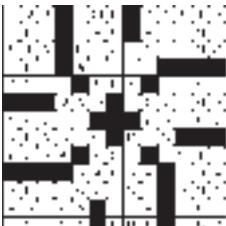
- | | |
|---|-------------------------|
| 1 Pair | 29 Pedestal occupant |
| 2 Samovar | 30 Rabbit |
| 3 Cork out | 32 Bound |
| 4 Hedge shrub | 34 First man in space |
| 5 Changed the title | 37 Quick-to-build house |
| 6 Bullring bravo | 39 Blunders |
| 7 Swampy area | 42 Mall unit |
| 8 Method | 44 Zero |
| 9 Being unfaithful to Leprechauns' land | 45 Ashen |
| 10 Quite some time | 46 Layer of 59-Across |
| 11 Sheltered side | 50 Italian article |
| 20 Surrounded by | 51 Work with |
| 21 Work units | 52 Firmament |
| 22 Take to the lake | 53 Waste no time |
| 23 Win after win after win | |
| 27 Present | |

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4		1	3	2		9		
3							8	
	2				6			
9	8		2	7		6	1	
			4					
4	5		9	8		3	2	
		1			9			
5							6	
6		8	7	5		1		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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SUDOKU SOLVE TIME: 17-21 minSmart
Under 13 minGenius 21-25 minNot bad
13-17 minScholar 25+ minKeep practising

Horoscopes

ARIES

MARCH 21-APRIL 20



A persistent suitor rises above difficulties. Disturbing news arrives about misfortune. A daring adventure will be suggested.

LIBRA

SEPT 23-OCT 23



Stay at home and have second thoughts. The best policy is to count your blessings and let sleeping dogs lie. An older woman will remind you of a promise.

TAURUS

APRIL 21-MAY 21



Manage your talents well to contribute to your future. Crazy-making regulations must be changed. Strong friends are best for what ails you.

SCORPIO

OCT 24-NOV 22



A fantasy comes true in a love affair. Turn the other cheek when something said in secret gets back to you. Sympathy will lead to a long chat.

GEMINI

MAY 22-JUNE 21



Think twice before leaping into the unknown. You'll be vindicated by someone who cares. Don't expect to be told what to do.

SAGITTARIUS

NOV 23-DEC 21



Meeting a tense friend changes your attitude. Lucid objections will be raised. Accept an offer that bails you out of a bad situation.

CANCER

JUNE 22-JULY 22



If you start a commotion, good ideas will flow. Speak carefully when confronted by a quirky person. Change a relationship with a bad guy.

CAPRICORN

DEC 22-JAN 20



Negative thoughts will inhibit actions. Don't deny past adventures due to fear. Thoughtfulness will touch your heart.

LEO

JULY 23-AUG 23



A frantic guy will become comical. An explanation for poor conduct will be found. A loser is looking for love.

AQUARIUS

JAN 21-FEB 18



Give something away to have a happy time. This is the perfect day to heal old wounds. Merriment will cause your concentration to falter.

VIRGO

AUG 24-SEPT 22



Time will tell if the truth has been told. Face your fear to let go of your inhibitions. People will come forward with practical help.

PISCES

FEB 19-MARCH 20



You'll run into a past love. Secret messages will be received. Common sense is a good alternative to being anxious.

WORDY GURDY



This day in history

- OCT. 6, 1582: Due to the implementation of the Gregorian calendar, this day is skipped in Italy, Poland, Portugal and Spain.
 OCT. 6, 1600: Jacopo Peri's Euridice, the earliest surviving opera, premieres in Florence, signifying the beginning of the Baroque Period.
 OCT. 6, 1683: William Penn brings 13 German immigrant families to the colony of Pennsylvania, marking the first German people to immigrate to America.
 OCT. 6, 1908: Austria annexes Bosnia and Herzegovina.
 OCT. 6, 1966: LSD is declared illegal in the United States.
 OCT. 6, 2000: Yugoslav president Slobodan Milošević resigns.

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BASE: NABank Fall 2007/Spring 2008 Survey, read yesterday;
 METRO: Montreal, Ottawa-Catineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

Recipe of the day



Lamb burgers with fruit relish

INGREDIENTS:

- 1 lb (500 g) lean ground lamb
- 1 medium carrot, peeled and grated
- 1 small onion, finely chopped
- 1/2 cup (125 mL) fresh whole-wheat bread crumbs
- Pinch of freshly grated nutmeg
- 2 tsp (10 mL) fresh thyme leaves or 1 tsp (5 mL) dried thyme
- 1 large egg, beaten
- 2 tsp (10 mL) olive oil
- 4 whole-wheat English muffins
- Salt and pepper
- Shredded lettuce to garnish

RELISH:

- 1 orange
- 1/2 cup (125 mL) fresh or thawed frozen raspberries
- 2 tsp (10 mL) sugar

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!





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Frank Coady



Michael Sampson



Pat Allen



Gordie McKay

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Cash Purchase Price

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- Power door locks & windows • A/C • Available Electronic Stability Control and Traction Control System

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Hwy 8.8L/100km • 32 MPG

CITY 13.2L/100km • 21 MPG



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GOVERNMENT CRASH SAFETY RATING**
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Limited model shown

**AWARDED THE HIGHEST
GOVERNMENT CRASH SAFETY RATING**
— NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION¹⁷

— NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION¹⁷



Limited 7-Passenger model shown

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\$19,995

Cash Purchase Price

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- ABS with Electronic Brake Force Distribution (EBD) • A/C
- 6 airbags • Power door locks, windows & heated mirrors
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